What is claimed is:

1. A method for recording and reproducing a plurality of audio/video files from an optical information recording medium having a plurality of tracks, each audio/video file corresponding to one of the tracks, a plurality of track numbers being defined, each track number indicating one of the tracks, said method comprising the steps of:

(1) providing with a plurality of starting times which each corresponds to one of track numbers, and creating a schedule file comprising the track numbers and the corresponding starting times;

(2) recording the schedule file onto the optical information recording medium, and recording the audio/video files onto the corresponding tracks of the optical information recording medium;

(3) retrieving the schedule file from the optical information recording medium;

(4) according to the schedule file, monitoring whether one of the starting times comes;

(5) if YES in step (4), taking the track number corresponding to the starting time coming as a reproducing track number; and

(6) retrieving the audio/video file recorded on the track which the reproducing track number indicates, and reproducing the retrieved audio/video file.

2. The method according to claim 1, the step (1) also providing with a plurality of ending times which each corresponds to one of the track numbers, and the schedule file also comprising the corresponding ending times, said method further comprising the step of:

(7) repeatedly reproducing the retrieved audio/video file until the ending

time, corresponding to the reproducing track number, comes.

3. A method for recording and reproducing a plurality of audio/video files from an optical information recording medium having a plurality of tracks, each audio/video file corresponding to one of the tracks, a plurality of track numbers being defined, each track number indicating one of the tracks, said method comprising the steps of:

(1) creating seven schedule files which each corresponds to one of seven days of a week, and providing each schedule file with the track numbers and a plurality of starting times, respectively, in each schedule file, each starting time corresponding to one of the track numbers;

(2) recording the seven schedule files onto the optical information recording medium, and recording the audio/video files onto the corresponding tracks of the optical information recording medium;

(3) according to a current day of the week, retrieving the schedule file corresponding to the current day from the optical information recoding medium;

(4) monitoring whether one of the starting times of the retrieved schedule file comes;

(5) if YES in step (4), taking the track number corresponding to the starting time coming as a reproducing track number; and

(6) retrieving the audio/video file recorded on the track which the reproducing track number indicates, and reproducing the retrieved vide/audio file.

4. The method according to claim 3, in step (1), also providing each schedule file with a plurality of ending times, respectively, in each schedule file, each ending time corresponding to one of the track numbers, said method further comprising

the step of:

(7) repeatedly reproducing the retrieved audio/video file until the ending time, corresponding to the reproducing track number, comes.

5. A method for reproducing a plurality of audio/video files from an optical information recording medium having a plurality of tracks in accordance with seven schedule files, each schedule file corresponding to one of seven days of a week, each audio/video file corresponding to one of the tracks and being recorded on the corresponding track, a plurality of track numbers being defined, each track number indicating one of the tracks, each schedule file comprising the track numbers and a plurality of starting times, respectively, in each schedule file, each starting time corresponding to one of the track numbers, said method comprising the steps of:

(1) according to a current day of the week, taking the schedule file, corresponding to the current day, as a reproducing schedule file;

(2) monitoring whether one of the starting times of the reproducing schedule file comes;

(3) if YES in step (2), taking the track number corresponding to the starting time coming as a reproducing track number; and

(4) retrieving the audio/video file recorded on the track corresponding to the reproducing track number, and reproducing the retrieved audio/video file.

6. The method according to claim 5, each schedule file also comprising a plurality of ending times, respectively, in each schedule file, each ending time corresponding to one of the track numbers, said method further comprising the step of:

(5) repeatedly reproducing the retrieved audio/video file until the ending time, corresponding to the reproducing track number, comes.

7. The method according to claim 6, wherein the seven schedule files are recorded on the optical information recording medium.

8. A method for recording and reproducing a plurality of audio/video files from an optical information recording medium having a plurality of tracks, each audio/video file corresponding to one of the tracks, a plurality of track numbers being defined, each track number indicating one of the tracks, said method comprising the steps of:

(1) creating a plurality of schedule files which each corresponds to one of days of a month, and providing each schedule file with the track numbers and a plurality of starting times, respectively, in each schedule file, each starting time corresponding to one of the track numbers;

(2) recording the schedule files onto the optical information recording medium, and recording the audio/video files onto the corresponding tracks of the optical information recording medium;

(3) according to a current day of the month, retrieving the schedule file corresponding to the current day from the optical information recording medium;

(4) monitoring whether one of the starting times of the retrieved schedule file comes;

(5) if YES in step (4), taking the track number corresponding to the starting time coming as a reproducing track number; and

(6) retrieving the audio/video file recorded on the track which the reproducing track number indicates, and reproducing the retrieved vide/audio file.

9. The method according to claim 10, in step (1), also providing each schedule file with a plurality of ending times, respectively, in each schedule file, each ending

time corresponding to one of the track numbers, said method further comprising the step of:

(7) repeatedly reproducing the retrieved audio/video file until the ending time, corresponding to the reproducing track number, comes.